

**Walking Initiatives Plan 2020 - 2021**

Activity	Start Date	Complete Date	Audience	Lead Contributors	Status	Notes
Identify existing or develop new statewide or regional walking programs that are appropriate for people with arthritis.	7/1/20	11/30/20	Community organizations	Beth Richards, Jim Pruitt, Missouri Council for Activity and Nutrition (MOCAN), Statewide Minority Health Alliance, pedestrian and trails groups		
Obtain agreement with MOCAN to promote statewide walking programs.	7/1/20	10/1/20	MOCAN	Beth Richards, RAC Coordinators,		
Post map on MAOP and DHSS websites showing WWE and other walking programs in all seven regions of the state.	7/1/20	8/15/20	Community organizations, employers, healthcare providers, health plans, public	Beth Richards, Jim Pruitt, RAC Coordinators		
Ask at least 7 new physician offices within the state to provide referrals to WWE-G,	07/1/20	6/30/20	Healthcare providers	Beth Richards, RACS		

WWE-SD and walking programs.						
Assess walkability using the MU Extension Walkability Community Assessment Tool to identify 5 counties in which to implement walking programs.	7/1/20	3/29/2021	RACS, Community based organizations	Beth Richards RACs		
Obtain commitments from 4 new worksite wellness programs to include WWE-G and/or WWE-SD in their offerings of programs to employees.	7/1/20	4/1/21	Employers	RACs, Beth Richards		
Post Missouri's 5-year plan for promoting and expanding Missouri's walking initiatives on the MAOP and DHSS websites.	7/15/21	10/1/21	Community partners	Beth Richards, Jim Pruitt, RACs		
Make presentations on the 5-year plan to area agencies on aging, regional arthritis centers, MOCAN and others.	9/1/20	6/30/21	Partner network	Beth Richards, RACs		
<b>Walking Initiatives Plan 2021 - 2022</b>						
<b>Activity</b>	<b>Start Date</b>	<b>Complete Date</b>	<b>Audience</b>	<b>Lead Contributors</b>	<b>Status</b>	<b>Notes</b>
Ask partners and community organizations	7/1/21	7/30/21	Partners and Community organizations	Beth Richards, Jim Pruitt		

through digital means what needs to be updated walking plan.						
Provide updated list of walking programs in the state to community organizations, healthcare providers, partners and the public through digital format including social media.	7/1/21	9/30/21	Community organizations, healthcare providers, partners and the public through digital format including social media.	Beth Richards, Jim Pruitt, Missouri Council for Activity and Nutrition (MOCAN), Statewide Minority Health Alliance, pedestrian and trails groups		
Ask at least 7 new physician offices within the state to provide referrals to WWE-G, WWE-SD and walking programs.	07/1/21	6/30/22	Healthcare providers	Beth Richards, RACS		
Obtain commitments from 4 additional worksite wellness programs to include WWE-G and/or WWE-SD in their offerings of programs to employees.	7/1/21	4/1/22	Employers	RACs, Beth Richards		
Post Missouri's updated 5-year plan for promoting and expanding Missouri's	7/15/21	7/15/21	Adopters	Beth Richards, Jim Pruitt, RACs		

walking initiatives on the MAOP and DHSS websites.						
Obtain commitments from 4 additional worksite wellness programs to include WWE-G and/or WWE-SD in their offerings of programs to employees.	10/1/21	6/30/22	Community organizations, employers, healthcare providers, health plans, etc.	RAC Coordinators, Beth Richards		
Post Missouri's 5-year plan for promoting and expanding Missouri's walking initiatives on the MAOP and DHSS websites.	9/1/21	11/1/21	Partner Network	Jim Pruitt, DHSS Ofc. Of Epidemiology		
Locate or create counseling and referral documents that can be sent in an electronic form to healthcare providers.	11/15/21	11/30/21	Partner Network, Public	Jim Pruitt, Beth Richards		
<b>Walking Initiatives Plan 2022 - 2023</b>						
Activity	Start Date	Complete Date	Audience	Lead Contributors	Status	Notes
Ask partners and community organizations through digital means what needs to be updated walking plan.	7/1/22	7/30/23	Partners and Community organizations	Beth Richards, Jim Pruitt		

Provide updated list of walking programs in the state to community organizations, healthcare providers, partners and the public through digital format including social media.	7/1/22	9/30/23	Community organizations, healthcare providers, partners and the public through digital format including social media.	Beth Richards, Jim Pruitt, Missouri Council for Activity and Nutrition (MOCAN), Statewide Minority Health Alliance, pedestrian and trails groups		
Ask at least 7 new physician offices within the state to provide referrals to WWE-G, WWE-SD and walking programs.	07/1/22	6/30/23	Healthcare providers	Beth Richards, RACs		
Obtain commitments from 4 additional worksite wellness programs to include WWE-G and/or WWE-SD in their offerings of programs to employees.	7/1/22	4/1/23	Employers	RACs, Beth Richards		
Post Missouri's updated 5-year plan for promoting and expanding Missouri's walking initiatives on the MAOP and DHSS websites.	7/15/22	7/15/22	Adopters	Beth Richards, Jim Pruitt, RACs		

Obtain commitments from 4 additional worksite wellness programs to include WWE-G and/or WWE-SD in their offerings of programs to employees.	09/1/22	3/30/23	Community organizations, employers, healthcare providers, health plans, etc.	RAC Coordinators, Beth Richards		
Send counseling and referral documents for walking to healthcare providers in an electronic form and ask them to use them with patients.	9/1/22	9/15/23	Partner Network, Public	Jim Pruitt, Beth Richards		